

*Iowa Utilities Board***NEWS***Elizabeth S. Jacobs, Chair**Nick Wagner, Board Member**Sheila K. Tipton, Board Member***FOR IMMEDIATE RELEASE:** June 17, 2014**Contact** | Rob Hillesland, 515.725.7322, rob.hillesland@iub.iowa.gov **Web site** | <http://iub.iowa.gov>

Tips to reduce summer energy bills

Iowa Utilities Board provides cost-effective measures

(Des Moines) – With above-normal temperatures forecast for much of Iowa this week, the Iowa Utilities Board reminds Iowa utility customers of cost-effective ways to lower summer energy costs without sacrificing comfort and safety.

Several easy steps to help reduce summer energy use include:

- Block out direct sunlight whenever possible. Close shades and draperies and use sunscreens over windows or patio areas during the day.
- Have air conditioning (central or window units) serviced regularly and clean or replace filters often. Keep air registers clean and clear of furniture or other obstructions. Clean outside air conditioning coils and keep plant overgrowth or other objects at least 12 inches clear on every side.
- Install/use a programmable thermostat to set the indoor temperature a few degrees higher when you are sleeping or away from your residence.
- Use fans to increase indoor air circulation, but only run fans when a room is occupied to avoid wasting electricity. Using fans and staying well hydrated may help individuals maintain comfort and safety despite turning up the thermostat a few degrees. Elderly persons and those with health concerns should check with their doctor before dramatically changing the temperature in their homes.
- Close air vents/doors to unused portions of a residence.
- During breaks from the hottest and most humid weather, especially in the evenings when it is typically cooler, open windows to take advantage of outside air.
- Use heat-producing appliances such as ovens, stoves, dishwashers, and clothes washers/dryers during non-peak hours, such as the late evening or early morning when it is cooler.

(MORE)

- For long-term natural shading, plant shade trees on the south and west sides of homes or buildings.
- Make home weatherization investments that can significantly reduce energy use throughout the year. Financial assistance for weatherization and energy emergencies may be available to qualified low-income Iowans through the [Low Income Home Energy Assistance Program](#) and [LIHEAP weatherization](#) programs.

For additional long-term energy savings, contact your local utility about a home energy audit, potential financial incentives or rebate programs, and energy-efficiency options such as:

- Adding insulation: Investment in an insulation upgrade often produces cost-effective energy savings throughout the year.
- Installing energy-efficient windows: Many Low-E windows permit visible light to pass through them, but help block heat transfer.

For more ways to stay cool, reduce energy usage, and save money during the summer, please contact or visit the website of your local utility. Additional household energy-saving information can be found by visiting the Iowa Energy Center's website at www.iowaenergycenter.org and the Energy Star website at www.energystar.gov. The Iowa Utilities Board also provides [additional energy efficiency information and resources](#) as well as an overview of [Iowa's energy efficiency plans and programs](#).

###

The Iowa Utilities Board regulates utilities to ensure that reasonably priced, reliable, environmentally responsible, and safe utility services are available to all Iowans.

Follow the Board on Twitter: https://twitter.com/iub_now